



# ONSITE GATHERINGS

## PRECAUTIONS

Menlo Church wants all our onsite gatherings to be warm, welcoming, and safe. We are following our governmental regulations.

**As of January 15, 2023**

**Masks are optional for congregants whether indoors or outdoors**

**Food - There are no COVID restrictions regarding food consumption**

Regardless of vaccination status, please stay home and monitor your health if you have any of the symptoms

of COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

### **VACCINE RESOURCES**

If you need help scheduling your vaccination or booster shot, visit [vaccines.gov](https://www.vaccines.gov) to find a location near you. If you are concerned about the impact of the vaccines, go to [christiansandthevaccine.com](https://www.christiansandthevaccine.com) to learn more about the vaccines and for answers to theological questions related to the vaccines.

## MEASURES WE ARE TAKING AT OUR SUNDAY GATHERINGS

- **Air flow:** Filters have been upgraded at all of our campuses.
- **Singers:** Are required to have a negative COVID test (PCR) within 48 hours of performing or a negative same-day rapid test.
- **Outdoor Seating:** Our San Mateo, Mt. View, and Saratoga campuses have outdoor seating available for Sunday worship services.